

## NORTH ROCKS CARLINGFORD LITTLE ATHLETICS PROGRAM

WEEK # **13**

DATE **18th January 2020**

AGE GROUP	PERIOD 1 8:25 - 9:00	STARTER	PERIOD 2 9:00 - 9:30	STARTER	PERIOD 3 9:30-10:00	STARTER	PERIOD 4 10:00 - 10:30	STARTER	PERIOD 5 10:30 - 11:00	STARTER	PACK AWAY
TOTS 1	Jnr Long Jump		M-C Discus		60m Little H		Game				Tots Gear
M-C 1	Jnr Long Jump		500m LD1	High Jump	M-C Discus	70m ST3					
M-C 2	500m LD1	70m ST3	Jnr Shot Put		100m A1	High Jump					
6 GIRLS	M-C Discus		70m	ST1	Jnr Long Jump		50m	ST2	300m	LD1	Time Keep Shade
6 BOYS	50m	ST1	Jnr Shot Put		70m	ST1	300m	LD1	Jnr Long Jump		Jnr Long Jump
7 GIRLS	100m	A3	Jnr Long Jump		200m	B1	50m	ST1	Jnr Shot Put		Jnr Shot Put
7 BOYS	200m	B3	Jnr Discus		50m	ST2	100m	A1	Jnr Long Jump		Jnr Long Jump
8 GIRLS	Shot Put		100m	A1	700m	LD2	Jnr Long Jump		70m	ST1	Shade @ 100m
8 BOYS	Shot Put		700m	LD3	100m	A2	Jnr Long Jump		70m	ST2	Time Keep Shade
9 GIRLS	800m	LD2	Jnr Long Jump		200m	B2	Jnr Discus		70m	ST3	Short Track Markers
9 BOYS	70m	ST2	800m	LD2	Jnr Long Jump		200m	B1	Jnr Discus		Jnr Discus + Shade
10 GIRLS	Jnr Discus		200m	B1	High Jump (1 1/2 Periods)			100m A4	800m	LD3	High Jump (10s)
10 BOYS	High Jump (1 1/2 Periods)			70m ST2	800m	LD3	Shot Put		200m	B2	Shade @ 200m
11 GIRLS	High Jump (1 1/2 Periods)			1500m LD4	Shot Put		100m	A2	Long Jump		Field Bunting
11 BOYS	Discus		100m	A2	Triple Jump		200m	B3	1500m	LD2	Shade @ 800m
12 GIRLS	Long Jump		100m	A3	High Jump (1 1/2 Periods)			1500m LD3	Discus		Discus
12 BOYS	High Jump (1 1/2 Periods)			200m B3	Long Jump		400m	A3	Shot Put		M/C Gear
13 GIRLS	200m	B2	Shot Put		100m	A4	Triple Jump		400m	A1	Shade @ 400
13 BOYS	400m	B1	Long Jump		Discus		200m B4	High Jump (1 1/2 Periods)			High Jump Snr
14 GIRLS	400m	A2	Discus		100m	A3	200m	B2	Triple Jump		Long Jump
14/15/17B's	Long Jump		200m	B2	High Jump (1 1/2 Periods)			800m LD2	Shot Put		Shot Put
15/17G's	100m	A1	Shot Put		800m	LD1	Triple Jump		200m	B1	Track Bunting

<b>STARTER CODE</b>	
A	Starter A
B	Starter B
ST	Short Track Starter
LD	Long Distance Starter
1,2,3 etc	Denotes start order

**3000m RUN @ 7:30AM**  
U13 - U17

**GROUP NOTES**

**U11-U12 JAVELIN - STARTS AT 11AM**

11/12G 400g  
11/12B 400g

<b>PGM WEEK</b>	<b>CYCLE</b>
1	3